



2013 FALL/WINTER INDOOR SWIM CLINIC

Sept 16, 2013 - Jan 31, 2014

- Group 1:** Mon & Wed 4:30 pm - 5:30 pm (6-9 yr olds)
Group 2: Mon & Wed 5:30 pm - 6:30 pm (9-12 yr olds)
Group 3: Mon & Wed 6:30 pm - 7:30 pm (12 yrs old and up)
Group 4: Tue & Fri 4:00 pm - 5:00 pm (6-9 yr olds)
Group 5: Tue & Fri 5:00 pm - 6:00 pm (9-12 yr olds)
Group 6: Tue & Fri 6:00 pm - 7:00 pm (9-12 yr olds)

- Smaller practice groups for more personalized attention. 12 swimmers per group!
- 2 to 3 coaches per group.
- Emphasis will be on stroke detail, starts and turns; practices will include both aerobic and anaerobic swimming.
- 84 degree water, indoors; away from the cold wind and pounding rain.

Cost: \$625.00.

Includes:

- Lap Swim Membership for swimmer from Sept 16 - Jan 31.
 - Swimstitute T-Shirt
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- All Groups: Must have at least one full summer of swim team.
 - Groups 2, 3, 5, & 6: Participants need to be able to swim 25 meters legally, of each competitive stroke.
 - Group 1 & 4: More breast/fly instruction, instead of refinement.
 - For new swimmers, a swim test must be done at registration.
 - **Registration must be done in person...no refunds or make-ups.**

The Swimstitute
11335-B Folsom Blvd
Rancho Cordova, CA 95742
916-851-0840
www.swimstitute.com